ADHD cleaning checklist

One room at a time. Pick a size, start a timer, and stop when it rings, finished or not. Tick what you did.

Week of _____

Room	5 minutes	10 minutes	15 minutes
Kitchen	☐ Clear the counter by the sink	☐ Load or empty the dishwasher, wipe the counters	☐ Dishes, counters, stovetop, trash out
Bathroom	☐ Wipe the sink and the mirror	☐ Sink, mirror and toilet	☐ Sink, toilet, a quick shower wipe, the floor
Bedroom	☐ Clothes off the floor and into the basket	☐ Make the bed, clear the nightstand	☐ Bed, surfaces, clothes away, the floor
Living room	☐ Cups and plates back to the kitchen	☐ Clear the coffee table, fold the throws	☐ Surfaces, cushions, a quick vacuum
Entry and desk	☐ Shoes paired, keys on their hook	☐ Mail sorted into trash and action	☐ Desk cleared to the surface and wiped
Laundry	☐ Start a load	☐ Move a load to the dryer or the rack	☐ Fold and put away one basket

This week, one room a day

Every day, 10 minutes: dishes and counters. Tick the day.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Mon	Kitchen, a 15 minute reset	☐
Tue	Bathroom	☐
Wed	Bedroom, and one load of laundry	☐
Thu	Living room	☐
Fri	Entry and desk, plus the doom pile	☐
Sat	One catch-up piece. Only one.	☐
Sun	Trash and recycling out, look at next week	☐

Catch-up piece this week

_____

Doom pile, 15 minutes

Sort, do not finish. Four spots:

Trash Out when the timer ends	**Belongs elsewhere** Carried to its room
Needs action Becomes a task with a time	**Stays here** Has a home on this spot

1. Start a 15 minute timer.
2. Pick up each item once and put it in one spot.
3. Cannot decide in a few seconds? Needs action.
4. At the chime, take out the trash and carry the elsewhere items.
5. Write each needs-action item as a task with a time: “pay the water bill, 10 minutes, Friday”.

Free timers for every size: flowoapp.com/timers/
The full guide: flowoapp.com/adhd-cleaning-planner/

Flowo is a day planner for iPhone and Android that fits chores into the free time in your day.